

TERM 1 PROGRAM

BOOK NOW

Monday 22 January - Friday 12 April 2024

MONDAY

9.30 - 11.30am
ESL Beginner
Conversation
\$15 - \$20/class

10 - 11.30am
Art Therapy
Classes
\$3 - \$4/class

11.45 - 12.30
Chair Exercise
\$9 - \$12/class

12.45 - 1.30
Body Blend
\$9 - \$12/class

1.45 - 2.45pm
Yoga
\$9 - \$12/class

1pm - 3pm
Welsh Class
\$130 PA

TUESDAY

9.30 - 11.30am
Computer/IT
Assistance
\$5 - \$10

10am - 11am
Walking FREE

10am - 11am
Chair Exercise
\$9 - \$12/class

11 - 12noon
Garden Chatty
Cafe
\$2

11am - 12pm
Mens Only
Exercise &
Strength Class
\$9 - \$12/class

7 - 8pm
Hatha Flow
Yoga
\$14 - \$17/class

WEDNESDAY

9.30 - 11.30am
ESL Intermediate
Conversation
\$15 - \$20/class

11.30 - 1pm
Community
Lunch
(1st & 3rd Wed
of the mth)
\$5

1.30 - 2.30pm
Circuit Strength
Training Class
Strength,
Mobility &
Balance
\$9 - \$12/class

2.30 - 3.30pm
Pilates -
Traditional
\$9 - \$12/class

2 - 3.30pm
French Class
Beginners
\$150 per term

THURSDAY

9.30 - 11.30am
Computer/IT
Assistance
\$5 - \$10

10 - 10.45am
Chair Yoga and
Mindfulness
\$9 - \$12/class

1pm - 4pm
Canasta &
Rummikub
\$25 term

1pm - 3pm
Fun &
Friendship
afternoon
Gold Coin
Bocce, Singing,
Watercolours,
Stitch &
Trivia (11.30am)

Sustainable
& Gardening
Workshops

FRIDAY

9 - 10.30am
French Classes
- Intermediate
\$150 per term

10.30 - 12pm
French Classes
- Advanced
\$150 per term

10am- 12pm
Acrylics with
Cherie
\$9 - \$12/class
1st Fri of the mth

12.45 - 4pm
Mah-jong
\$25 term

Book Clubs
Monthly
Monday & Wed evenings
Tuesday daytime

Please note:

The reduced rate is when you book for the whole term.

The full rate is when you pay as you go.